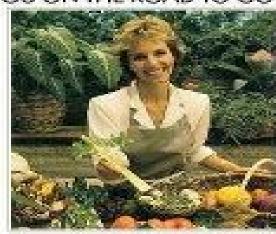
BY THE CO-AUTHOR OF THE "I NEW YORK TIMES BESTSELLER

ANEW WAY OF EATING

THE PROPER FOODS, COMBINATIONS AND RECIPES TO START YOU ON THE ROAD TO GOOD HEALTH





WITH AN INTRODUCTION BY HARVEY DIAMOND

New Way Of Eating From The Fit For Life Kitchen

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